

## Fear Free Cat Visits

Cats are notoriously stressed about coming in to the vet, so many people just wait until their cat is sick before they face the daunting, heart-wrenching experience. But, cats need wellness exams as much as, *if not more* than, dogs, since they hide their illnesses until they are critical!

Here are some tips for getting cats into the Veterinary Clinic with less stress for both of you:

- **Leave the cat carrier out for your cat to enjoy all of the time!**
  - Feed your kitty in the carrier
  - Every day, put treats in the carrier for your kitty to discover
  - Keep soft, clean bedding in the carrier
  - Sometimes, cover the carrier with a towel or carrier cover ([Cat Cozy](#))
  - Put a spritz of [Feliway](#) in the carrier once a day
- **Wipe the carrier or spritz once with [Feliway](#) 30 minutes before travel**
- **Always carry the carrier from underneath**— never use the handle. It's too much rocking and swaying!
- **[Cover](#) the carrier when traveling**— most cats would prefer not to see the world racing by while they are standing still!
- **Practice driving around the block or around town and ending up right back home!**

*Start these techniques with your kitten! If you have an adult cat, start Today!*

- **Bring your cat's favorite treats with you.**
  - Give a bite when you arrive in the waiting room
  - Give a bite when you settle into the exam room
  - Toss a few around the room to encourage exploration and natural hunting instincts-it lets off "steam"!
  - Save the rest for your Pet Care Team! This way, they will have more opportunity to give treats to help make the experience more pleasant.
- **Ask your Veterinarian for anti-anxiety supplements or prescription medications** that can be given before the visit to help "take the edge off".
- **Consider additional short-acting sedation in the clinic if needed.**